

## **Minted Green Pea Soup with Croutons**

**Source: Le Cordon Bleu Home Collection - Soups**

Mint and green peas are a classic culinary partnership, here pureed together into a deliciously fragrant soup with a fairly light consistency.

### **INGREDIENTS:**

1 small butterhead lettuce, such as Boston or Bibb, coarsely sliced  
12 scallions or 1 small onion, sliced  
3 C frozen baby peas, thawed  
1-2 sprigs of fresh mint  
5 C chicken stock  
4 slices bread  
Oil, for cooking  
2 TBS unsalted butter  
1/4 C all-purpose flour  
2/3 C whipping cream

### **DIRECTIONS:**

Put lettuce, scallions + peas into large saucepan with mint - pour in chicken stock - bring to boil. Then reduce heat and simmer 25 minutes - purée soup in batches in blender or food processor - then push through a fine strainer.

Meanwhile, remove crusts from bread and cut into small cubes. Heat oil and fry cubes till lightly browned, stirring with spoon to color evenly. Lift out and drain on crumpled paper towels -- salt lightly while hot. This will season them, but also helps to keep them crisp.

Melt butter in large saucepan over medium heat - stir in flour - cook 1 minute. Do not allow to brown. Remove from heat, add puréed soup and mix well. Return to stove on low-medium heat - bring slowly to boil, stirring constantly. Add cream - season with some salt + pepper. Serve in bowls with croutons sprinkled in first.

**CHEF'S TIPS:** you may consider the cream optional, or lightly whisk and serve either swirled through soup or as a spoonful on top. To vary the garnish, cook 1/4 C extra of baby peas and use to replace croutons.

Serves 4

**Nutrition Facts: Calories:** 469 **Fat:** 28g **Carbohydrates:** 36g **Cholesterol:** 70mg **Sodium:** 610mg **Protein:** 16g  
**Fiber:** 6g **%Cal. from Fat:** 54% **%Cal. from Carbs:** 31%